



*Preventing violence and promoting healing by teaching full-force self-defense, personal safety and empowerment to women and teen girls*

510.208.0474 / [www.impactbayarea.org](http://www.impactbayarea.org)  
A 501(c)(3) nonprofit; formerly Bay Area Model Mugging

# **“Kick Like A Girl”**

## **Rape & Assault Prevention Self-Defense Course for Teen Girls**

***This course focuses on preventing stranger, acquaintance and relationship physical and sexual violence and consists of 10 training hours over two days (limited to 16 students).***

### ***Why Self-Defense?***

*The teen years are a time of growth and exploration, with that comes exposure to new dangers and situations, including rape and assault. Verbal boundary setting, in addition to physical self-defense training, enables girls to avoid or handle dangerous situations. By practicing self-defense techniques in “real-life” scenarios with high adrenaline, effective defensive methods become programmed into each students’ muscle memory – the body remembers what to do even if the mind goes blank.*

### ***Why Impact?***

*Impact teaches practical techniques designed to make girls safer in the real world via full-force self-defense / personal safety training against a padded assailant.*

***“A part of me blossomed during the course of this class. I feel like a strong woman, ready to take on the world both emotionally and physically.”***

*- Dominique (teen course graduate)*

**Sign Up Now for our next East Bay Weekend (Sat/Sun) Class:**

***September 25-26, 2010***

***Saturday / Sunday 1pm-6pm***

Please call 510-208-0474 for information and enrollment. **Course Fee: \$225.00**

Registration is also available online: **[www.KickLikeAGirl.org](http://www.KickLikeAGirl.org)**

*\*Full-impact self-defense for women has been featured on (and is highly recommended by) Oprah, Dr. Phil and Tyra Banks  
Other courses offered in **San Francisco**, the **Peninsula** and the **East Bay**. See website for details.*